

TUESDAY, OCTOBER 18, 2011

CONESTOGA COLLEGE, KITCHENER, ONT.

WWW.CONESTOGA.ON.CA/SPOKE

YEAR 10 — NO. 10

EVERYONE LOVES A PARADE



PHOTO BY JULIA DAVIS

The Royal Military College of Canada band marched in the Kitchener Thanksgiving Day parade on Oct. 12, despite cold temperatures and cloudy skies. The college, based in Kingston, was founded in 1871 originally as a military school. It now includes a civil and environmental law page 6 for more photos.

Conestoga to receive funding for infrastructure

By SARAH WATKINS

Conestoga College will be receiving \$1.1 million of federal and provincial funding through the Knowledge Infrastructure Program and Ontario 2020 budget.

The Knowledge Infrastructure Program is a four-year, 22-million provincial initiative designed to support educational enhancement at Canadian post-secondary institutions.

The program, which is an addition made to the 2009 Economic Action Plan, is providing financial assistance and employment security by creating jobs for engineers, architects, tradespeople and such.

The Knowledge Infrastructure Program is a \$1.1-billion dollar response by the government to the needs of colleges and universities, and Gary Goodyear, minister of state for science and technology. "This program will create jobs and have a lasting legacy by creating world-class research facilities."

The project will include building the new Conestoga Cambridge campus, which will feature a 260,000-square-foot building that will house the School of Business and Information Technology and the Institute for Food Processing Technology.

At the Waterloo campus, a 12,000-square-foot facility will be built to house the Ontario-Quebec Industrial Research Contractors Association Building Skills Training Centre.

And, the Heating, Ventilation and Air Conditioning Skills Training Centre will receive a 10,000-square-foot addition to the building at the main campus.

"The university and college facilities supported by the Knowledge Infrastructure Program accomplish an outcome of world class researchers to work in Canada by providing world-class facilities and offering the most innovative tools which are required to make the discoveries that will benefit

the Canadians and people around the world," Goodyear said. "This government investment will provide strong economic stimulus to the short term while significantly strengthening Canada's capacity for long-term innovation and the resulting advancement."

When work is completed, in over 1,000 students places and 800 new jobs, the apprentices will be created.

Conestoga is seeking to partner with Alliance of Ontario Food Processors on the Institute for the Food Processing Technology. In Cambridge as well as the Ontario Industrial Building Contractors Association for the Building Skills Training Centre at the Waterloo campus.

Through the Knowledge Infrastructure Program and the Ontario 2020 budget, governments of Canada and Ontario are investing \$1.1 billion over six years at the same rate of growth at Conestoga's colleges and research centres.

College's culinary students mix it up at Oktoberfest

By SARAH WATKINS

"Quality quality quality!" Chef Philippe Bourassa shouts as he walks over the booths as he inspects the评判 the meal.

"The Chef," the students respectfully call him from the George Street Conestoga College culinary students.

With a seriousness in the kitchen akin to Gordon Ramsay and the determination of a war hero, Chef, or should come as no surprise that Chef Philippe has been the main man behind the annual Oktoberfest Family Pancake Breakfast for the past 15 years.

"I never had to say that we will probably make between 30,000 and 35,000 pancakes as well as 50,000 sausages this year," Chef Philippe said.

The sausages were specially made by Peterborough and Districts Lumber Boys a couple years ago, and the pancake breakfast, coffee and apple cider were provided by Kitchener Coffee Company and Waterloo French Apple Products.

During the breakfast, Chef Philippe was seen at the main spot for long. He liked

to come down to perfection from his students. "He's up with every staff, dancing in the best mood and smiling at each passenger in the bus."

The cold weather didn't dismay the crowd, particularly in Kitchener, where there were cold. When asked if the pancakes were good, he gave a happy grin around a mouthful and kept eating.

People were asked to bring a non-perishable food item to help support the Food Bank of Waterloo Region, and with a small amount, donations last year, just under 3,000 pounds of food and about \$2,000 was donated. Local radio stations personalities from 103.1, 106.7 FM, 96.7 CFNY-FM and 93.3 Kitchener were on hand to help out, and talk to those fans.

After 15 years, the Oktoberfest Family Pancake Breakfast is still going strong, thanks to volunteers like Chef Philippe and Conestoga's culinary students.

"I would guess that we have cooked over 1 million pancakes to date," Chef Philippe proudly said, before running off to check on the students once more.

See Page Two photo.

Now deep thoughts ... with Conestoga College

Random questions answered by random students:

What do you do to put yourself to sleep if you are lying in bed, wide awake?



'Probably go for a run. It tires me out and it's easier to sleep when you're tired.'

**Kristina Mayes,
full-time
LSSA**

"I have a few things. I try to watch TV or listen to really mellow music. A nice warm shower or a glass of hot milk helps. It just relaxes me to sleep."

**Christine Paule,
full-time
marketing**



"Read a fiction book or at least something so that I can fall asleep."

**Jessica Lee
Watterson,
full-time
ICE**

"I usually get up and have a cup of tea, maybe watch a little TV until I get tired."

**Angie Held,
full-time
Human Services Foundation**



"I listen to music on my iPod. Not broadcast music, maybe seconds or just a song."

**Kaitlin Kerrison,
full-time
registered practical nursing**

"I try and make a dream happen in my head. Create my own pictures."

**Courtney Maxe,
full-time
postsecondary postsecondary**

Smile Disclaimer: you could be a real messocate!

Interesting Thingamabooob raises breast cancer awareness

By LINDA BURKE

The Thingamabooob is a weird shirt that never slips the top of your tongue; it's a strange looking doublet; it's taking you back to those days of halibut bonnets and tamagoyaki found in your grandmother's piano lesson; it's painful. What would they know?

Although like nothing found in a supermarket, it looks a Hong Kongese outfit. It's not really something to wear, instead by its odd appearance and how it's so difficult to put on, it's for a legitimate purpose. You wouldn't even think that one has a secret to tell.

The shirt is an integral part of an awareness campaign that opens poor eyes to the importance of breast awareness and health in a way no pink apparel, ribbon or poster campaign could ever achieve.

The Thingamabooob created in 2005 by the Canadian Cancer Society, is a key chain made of four sponge rubber bands representing breast cancer.

The smallest band about the size of an apple seed represents a local stand mammogram; regular mammograms can find the smallest lump and detect cancer the earliest which means there is a better chance of treating the cancer successfully.

This year Between Friends co-ordinator Sandra Bell Lundy paired forces with the

group. The third is approximately the size of a grape and shows the average size of a lump found by a health care professional during a physical exam.

The largest handle opposite mostly the size of a cherry tomato demonstrates the size of a large, lumpy, aged self-mammogram. For women ages 30 to 59, Bell Lundy said, "They were told to know if it could cause a little bit of loss, using the dictionary from the Between Friends' website, something that many women have for over 10 years. Women have been doing mammogram training. I passed on the choice, not only because I thought it was an important message, but I felt no women choose and the option of mammogram makes the steps one is a better option."

The Thingamabooob is a great tool because it can help you look at the issue and get the conversation started with all of the spinal bones in your body, easily showing them that regular mammograms can find the smallest lump and detect cancer the earliest which means there is a better chance of treating the cancer successfully.

This year Between Friends co-ordinator Sandra Bell Lundy paired forces with the

Canadian Cancer Society, at the Thingamabooob's first year, creating a series of three light-hearted comic strips.

It was supported by an agency working on the Canadian Cancer Society's campaign to promote regular mammogram. For women ages 30 to 59, Bell Lundy said, "They were told to know if it could cause a little bit of loss, using the dictionary from the Between Friends' website, something that many women have for over 10 years. Women have been doing mammogram training. I passed on the choice, not only because I thought it was an important message, but I felt no women choose and the option of mammogram makes the steps one is a better option."

A Thingamabooob costs \$5 and can be purchased at the Canadian Cancer Society offices in Waterloo and Guelph or online through smashit.ca or Vancouver's Two Lions Inn in Guelph and Kitchener.

The proceeds go to a number of breast cancer research programs across Canada, as well as provide people with support and information on breast and prostate health, public policies and lifestyles.



Ruthann Boebel displays some original art that's available for those who want to safely support breast cancer awareness. Two dollars from every purchase is donated to the cause. Items are available at: Volunteer First Legion & Liquor Mart in Guelph and Kitchener.

PHOTO BY LINDA BURKE

Dance your way to a fitter you

By ANDREW REEDY

Whether you're dancing your way across your room, hitting the dance class on the weekend or secretly walking your surfboard, other would snap you up and the rest you answer the door, you're in luck.

Not only is dancing a fun way to spend your time off, it's also a great way to release tension and stress.

"Anyone who says you can't sit down without dancing doesn't understand movement," says Imperial Movement Studios' Imperial Movements Studios.

"Moving has real, positive power to help you feel a happy life. We want to help by offering fun dance and fitness classes."

Dancing is known to help people reduce stress and help

improve self-esteem by increasing a sense of control.

Not only will you feel great about yourself, but school marks, because just a little bit of exercise can help you focus.

Dancing is a great way to help your coordination and endurance," says Imperial Movements' owner, Imperial Movements Studios. "I recommend it to people of all the ages."

Dancing can also help you improve your balance and posture and help generate solar energy by stretching which is a key component to keeping your energy up.

"You can accomplish many things from dancing, although it's not always an obvious connection to building muscle and strength."

Not only will dancing help you on the outside, but it can also help you reduce pain and of course, stress, anxiety,

decrease your blood pressure, strengthen the bones of your legs and hips and help you manage your weight.

Four-paced dancing with quick and frequent movement changes such as tango, which is Latin music, can help you burn up to 600 calories in class. More slow, sustained movements in other dances help you build strength.

"It's great looking to lose weight or tone yourself down as we're in the way to go," said Goss.

Imperial Movement Studios offers classes for pole dancing, salsa, hip hop and patriotic singing voices.

The location is located at 120 King St. W. in Kitchener.

You can find their class schedules at www.imperialmovement.com.



PHOTOS BY ANDREW REEDY
The Imperial Movement Studios made the playoffs this year despite a 4-10 loss to Northern in the final regular season game.

Fastball team makes playoffs

By ANDREW REEDY

Despite a put-zizzling loss to Northern College, the women's varsity Badgers still made the playoffs, back this year with a record of 11-7.

Cambridge's Badgers Hall ended with a .333 batting average, in 10 games, while sophomore Courtney Peacock and junior Manning finished tied with the most kills with five each.

The last game of the season saw the Badgers quickly climb the top of the North Region when they won over the Coburg two sets. The lone bright spot of the year was Tiffany Rogers' three-setch in center field to end the second set.

The Coburg team's able to mount a late lead during the game, although they were

able to keep the Badgers off the chart until the ninth inning. Considering Cambridge finished 11-7, only 10 points behind against them, that was a positive.

The overall average wasn't much better than the math. The first Badgers batter cracked a single to the outfield, and the next batter promptly sent a ground ball to the infield. The Coburg were only able to get the batter out. The Badgers managed one hit, total, that game.

The last time, a double was sent to centre field. This was followed by a single, which put runners on first and third, which set the stage for the final run after a single to right field.

Cambridge could not get a comeback going, resulting in a final score of 1-0.



PHOTO BY ANDREW REEDY

Students take part in one of the many classes at the Imperial Movement Studios in Kitchener.

You are invited to
Femfest 2009
Thursday, November 5
6:30 to 10 pm.
at the Schwabea Club in Kitchener

This gathering is a celebration of women. Come for an evening of free pampering and do some shopping in our silent auction. Check out www.schwabea.org for ticket and event details.



Canadian Mental Health Association

ONTARIO DIVISION

PARTICIPANTS NEEDED FOR MULTI-SITE STUDY ON POST-SECONDARY STUDENTS' EXPERIENCES WITH BEING RECRUITED FOR ACADEMIC RESEARCH

Participation involves completion of a 15-minute online survey on a Month website.

For more information, please contact Dr. Marianne Mummolo (519-745-5220 Ext. 3656) or

[Visit this survey site](http://www.conestogac.on.ca/Conestoga-student-survey)

<http://www.conestogac.on.ca/Conestoga-student-survey>

This study has been approved through the CONESTOGA Research Ethics process.

VOLUNTEERS NEEDED

Volunteer with a child at their school and help improve their self-esteem and confidence 1-3 hours a week commitment.

Call Canadian Mental Health 744-7645 x314

The Conestoga Centre needs volunteers to provide confidential, supportive listening on our Crisis & Distress lines. Complete training provided. Call 519 744-7645 x 300

CONESTOGA
STUDENTS INC.

HALLOWEEN PUB NIGHT

THURSDAY
OCTOBER 29TH

WHERE: 9:00 PM - 1:00 AM
WHERE: SANCTUARY

**\$2.00 ADVANCE
ONLY**

BUY TICKETS
IN THE CSI
SERVE SERVE
AREA, ROOM 2A100

ALL AGES FOR
CONESTOGA
STUDENTS ONLY
IS SUBJECT TO CSI POLICY

Proof of Age or
majority required

All CSI licensed
events are subject
to Smart Serve regulations.

Search before admittance and
no re-entry policies in effect

No outside food or drink allowed

PARADING AROUND TOWN DURING OKTOBERFEST

PHOTOS BY ALEX COOK



Sabrina Hockin and Bill deGraaf, St. Joseph's all-white girls at their Oktoberfest Thanksgiving Day parade Oct. 12.



The Signal of Hope of Plenty is the grand float of the parade, which is the largest of its kind in Canada. Tens of thousands of people line the streets each year to take in the colour, bands and floats.



A draft horse, with about 10 others behind it, is fully harnessed with fine silver horses to draw a sled.



A vintage fire truck stands along King Street, particularly attracting spectators with its shiny chrome.

OKTOBERFEST JAMMIN' AT KITCHENER CITY HALL



PHOTO BY NICKIE PRIMUS

Despite the cold, the Oktoberfest band officially opened Oct. 12 by being on Oct. 13. Headlined by the Blue Danes of Kitchener City Hall, Oktoberfest attracts over 700,000 people from all over the world and runs Oct. 9-12.

FEELING A LITTLE BIT CRAZY



PHOTO BY LISA BOYD

Conestoga College students may not have the time for a dog as real life in Kitchener would render a good pet. However, crazy canines still provide a lot of entertainment and are very fit dogs. They also live longer than most man-made creatures. However, they are sedentary and social as you do need more than one.



Pancake Breakfast



Top: When weather was finally delivered for this year's *Breakfast for Breakfast*.

Top right: Chef Phillips Sandoval takes time out to introduce one of his students to the griddle.

Left and bottom left: Community culinary students worked hard to produce over 20,000 pancakes and 40,000 sausages over the course of 8 hours.

Bottom, left: Twin City Alpha Epsilon Gamma provided their members dressed for the breakfast.

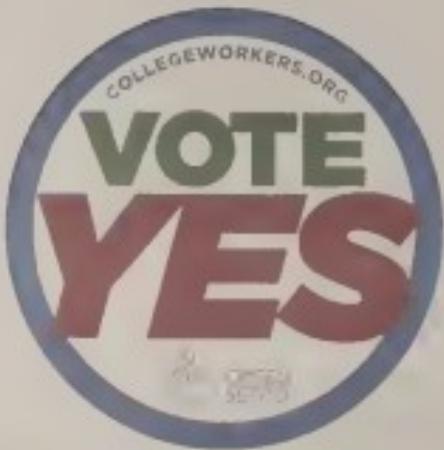
Bottom right: Delta Sigma chapter of the Fraternal Order of Eagles stages



PHOTOS BY
PETERMAN GARDNER



YOU HAVE THE POWER TO CHANGE YOUR LIFE AT WORK



TO PART-TIME COLLEGE SUPPORT STAFF:

The Ontario Labour Relations Board has called a vote to find out if part-time support staff at Conestoga community colleges want to join the Ontario Public Service Employees Union. If you want a better life at work, there's only one thing to do: VOTE YES!

This vote is open to all college support staff who work **24 hours per week or less**. This excludes students who work for a college under the Ontario Work Study Plan and other student aid programs.

Right now your wages and working conditions are set by the college. You don't have any say in the matter.

By joining with your fellow college workers as part of OPSEU you'll have a voice. You'll build your power together and start to deal with issues that matter to you:

- lower pay than full-timers doing the same work
- no completes process if you are treated unfairly by your boss
- no rights when it comes to getting a better job at the college

- no job security from month-to-month or from year to year

When you VOTE YES to OPSEU you'll be voting to give yourself a strong professional voice in the workplace. OPSEU has over 40 years experience representing full-timers in every college. OPSEU is fully democratic and accountable to you.

Take the next big step to a better life at work.

VOTE YES!



This vote is by secret ballot and is supervised by the Labour Relations Board. No one nor your employer will ever know how you voted.



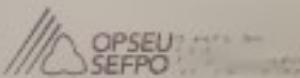
You do not pay union dues until you and your co-workers approve a collective agreement.

At Conestoga College, vote on Oct. 20 at:

Oct. 20: Room 3, Learning Resource Centre,
299 Doon Valley Dr., Kitchener
8:30 a.m. - 10:30 a.m.
1:30 p.m. - 4:00 p.m.



ELIGIBLE VOTERS MAY VOTE AT ANY VOTE LOCATION IN
CONESTOGA. VOTE TIMES AND LOCATIONS MAY CHANGE.
TO FIND OUT MORE, VISIT WWW.COLLEGEWORKERS.ORG
BEFORE YOU VOTE OR CALL 1-866-351-1234



Enjoy Thai at the Mango Salad

By MICHELLE DOWDIE

From the talkative owner with little plants to the large bowls of steaming steamed rice, every dish at the Thai Eatery was unique.

A small restaurant located at the heart of Kitchener, the Mango Salad was the perfect place.

The simple signs on the exterior did little to convey the true taste of the restaurant, however, the moment you walked inside everything changed.

There was green. The decor throughout the restaurant reflected a mostly lime banana plant positioned to the window.

Beside the Thai inspired appetizers, the owners had a great variety. Although there were only two servers in the dining room, and two cooks in the kitchen, they were well trained and seemed eager to assist diners in any way.

The meal was brought out in short pieces of time, but were there and not a single dish is to be found in the dining room.

The menu not was insert not with no second flavor.

For a relatively small



Photo by MICHELLE DOWDIE

The owners of the Mango Salad restaurant in Kitchener, who are also the chefs, had dishes of chicken satay and pad Thai to entice students to their eatery.

and the chicken satay was prepared with the perfect blend of spices.

The banana leaves were the obvious choice for dessert. A pretty well known to most of East Asian countries, they were close to being authentic except for the taste of honey.

For a relatively small

restaurant, the owners were resourceful and the prices affordable.

Appetizers were priced anywhere from \$3 to \$6 and the cost of a meal was approximately \$15.

From shrimp to dinner the restaurant offers a variety. That's expensive. It is located at 62 Thorntree St. in Kitchener.

International students invited to Survivor Conestoga

By MICHELLE DOWDIE

Survivor is coming to Conestoga.

The annual event, which is being held Oct. 26, focuses on health and safety awareness for international students.

Students will be set up throughout the day from 8 a.m. to 4 p.m.

Information on immigration laws and related, property, health, mobility, safety and nutrition will be provided at the various booths.

Sharon Horner, a counsellor in Counselling Services at the college said the information provided at the event will greatly benefit international students.

"The students will learn how to survive and thrive."

Horner said many international students have misconceptions of Canada and the culture. The Survivor event will teach students how to be safe and how to have a positive experience in Canada.

Students will be placed into groups of about 12 and they will visit each station taught by.

The process will give an ideal angle opportunity to ask any question they might have.

Azita Costa, manager of international education at the college, has taken the Survivor event under her wing this year.



We have to be aware of the international students on campus. We have to be sensitive.

- Azita Costa



She said that international students experience culture shock when they first attend in a new community and country.

"We have to be aware of the international students we taught."

"We have to be inclusive," Costa said.

International students at the event can also expect prizes, giveaways, an awards ceremony and healthy meals.

WIN AN iTOUCH*

Do you shop? Are you in business or hospitality?

Have you completed at least 2 semesters here at Conestoga?

* Participants in our online study for your chance to win one of three iPod touch media portables.

Only 10 minutes and completely confidential.

Visit the HBC website under "Student Services" to participate!

But even if you won't be participating
Then consider
Dr. Tony Daniels
of School of Business and Hospitality at
conestoga@conestoga.ca or 519-885-1250 ext. 2444

Other prizes include:
• A \$1000 Amazon gift card
• A \$1000 Starbucks gift card
• A \$1000 Tim Hortons gift card



HOROSCOPE

Read of Oct. 19, 2008



Aries
March 21 –
April 19

This week you will have a guest speaker as one of your classes. They will encourage about everything you've taught me.



Taurus
April 20 – May 20

You will be sick all week from something from you are. Start cooking all your own food and trying to a quality set of cookies that's good for you.



Gemini
May 21 – June 21

A spending decision will be made this week. A decision to not buy a dictionary if you want to buy a dictionary.



Cancer
June 22 – July 22

You will realize that Jim Morrison was a decision leaf from who accompanied him in past. However, someone who not paid of bring disaster follows no past.



Leo
July 23 – August
22

This week you will see a bad TV show called Grey's Anatomy. You will gain a desire to leave, which is using the network for watching your time with each patient.



Vergo
August 23 –
September 22

You will be out and a DJ will put on the dance floor. You will lead a mix with some music tracks. Enjoy your new job at DJ.



Libra
September 23 –
October 22

Nick Dasko is a second-year journalism student holding fate in the palm of his hand



Scorpio
October 23 –
November 21

This week you will find a mismatch in your bedding. This is not an issue of sleeping. This means you need to clean your mattress.



Sagittarius
November 22 –
December 21

This week you will get a notice of the house. Bruce Campbell working his dirty basement. This is an awesome site.



Capricorn
December 22 –
January 19

A surprise will hit you. Remember that surprise do not be hard but there both unbelievably sleep. Don't wear nice stuff!



Aquarius
January 20 –
February 18

You will assure yourself at this point that work starts you never. Be careful from now on. Starting events a great deal of focus can cause whiplash.



Pisces
February 19 –
March 20

This week you will end up with a song by Bruce Lee/tao stuck in your head. Stop watching Bruce Lee and Matrix.

Golf tournament raises \$20,000

By RANDY WILSON

More than \$10,000 was raised at this year's annual Alpine and Friends Open golf tournament, which was held at the Market Creek Golf Club in Peterborough, Ont. The event has historically been one of George's Colleges' most successful fundraisers since it began, and this year was no different.

The proceeds are going towards financial aid for students who are the sons or daughters of the staff. This was the fifth year the event raised money for this cause. The Ontario Trust Fund for Student Support is

matching each dollar \$1, so the event raised a total of about \$10,000.

"Our mission this year had been to do with the money, supporting our students. Bruce really said 'Wendy, those students deserve it and need the help.' We also had a lot of community support from the local business community."

The event consisted of a round of golf and a dinner afterwards. There were also some contests and prizes to be won while on the course, including a \$10,000 bid to one concert sponsored by

KDOL FM. Kellogg's was an host offering product tasting between holes.

Chairwoman of the schools' golf committee, Linda Prenter, said all the tickets to the tournament at the Peter Party.

The dinner was hosted by George's alumnus and Canadian AOL shareholder Jeff Blaustein, and the dinner was attended by 140 people. It also featured a silent auction.

"Having Jeff there was really great for this event," said Prenter. "He really enjoyed it, and would be happy to do it again."

Condors soar to 3-0 victory

By RANDY WILSON

Do a cold, windy day, four still made their way down to the soccer pitch to cheer on the Condors. The winds in the air were having some issues. Trying, but the Condors finally took flight over Lambton College on Oct. 5 with a 3-0 victory.

With the win, the men's team increased their unbeaten streak to nine games, with a record of 14-0.

Condors dominated the game from beginning to end forcing the Lambton team to make many mistakes and turn the ball over. That lead to the first goal being scored by Shawn Avery at the 41-second mark.

The game then became a physical affair. Both teams were not afraid to show their muscle and shove each other in an attempt to get the ball



PHOTO BY RANDY WILSON

Many times this resulted in Lambton simply kicking the ball out of bounds at the field line to the Condors.

The shot total throughout the game was never in front of the Condors. They were simply more organized and had far fewer turnovers.

With only a few seconds left in the game, Matt Bourne scored Condors' third and final goal.

The men's team played Tuesday the next day in a 1-1 tie extending their unbeaten streak to 10 games. The play off schedule was thus decided.

COUNSELLOR'S CORNER: Public Speaking Anxiety

Do you do any of the following?

Feel extreme anxiety when thinking about doing a presentation?

Find your palms sweat; your legs shake; is your heart beats wildly before, during or after a speech?

Find your thoughts race and your mind blanks before or during a presentation?

Select your programming/arrangements to be "safe" from having to make a speech?

Risk low marks or failure in a course by not doing a speech?

Develop negative feelings of distress (that feel real at the time) to avoid doing presentations?

Limit speaking in your group ("carry" the presentation)?

Fear making a fool of yourself in front of teachers or peers?

Believe everyone is highly critical but see yourself as a "sorely"

There are seven signs you may be experiencing one of the most common workplace public speaking anxiety. It can be overcome using a plural approach involving: 1) recognizing and addressing negative thoughts, 2) relaxation and positive mental rehearsal techniques, and 3) practicing in low-risk situations and then in situations with greater-level of risk.

If your career work your well-being or your potential to perform as an employee are affected it is time to do something about it. Remember evidence actually increases anxiety! The following resources are available to you in the college:

Read about a Public Speaking Anxiety group in Counseling Services

Read the Anxiety and Phobias Monograph (available at the LRC as the shelf and on reserve). This approach must be supplemented with practice in front of friends, family or classmates.

Make an appointment with a counselor in Counseling Services

A message from Counseling Services: 14107

Summer internship was student's dream come true

By AMANDA SCHNEIDER

Gloria Beach has big dreams and hopes to have an impact on the world.

"My whole goal in this earth is to expand or make my reach as a producer/master," she said.

Beach, 20, is a second-year journalism student at Centennial College. From October 2007 until now, at Centring, a summer show run by the York University Media Studies program, she had a stint doing a general line and covering the Mediterranean and Egypt, a place she had always dreamed of visiting.

Beach says travelling helped her learn more about herself and answers she doesn't know she wanted her life to take.

"I wanted to share my voice, my knowledge, my wisdom," she said.

In her first year at Centring, Beach particularly enjoyed her performing classes, taught by Lorrey Cormier. "He got a very early impression of Beach's gifts from the 'brain' song."

"From about week one she always made her original or tanking very creative," Cormier said.

Beach has always been a drama enthusiast, and came fully committed to media.

"I feel like theatre is an art form," she said. "It's representation who you are."

Both broadcasting and print journalism students are required to complete an 80-hour work placement before they graduate. Beach applied to many television stations like MuchMusic and the W Network, but actually found an internship while trying to land an interview with Arlene Blutzar, the host of *Fabulous Television*, the奔牛 of the new website for Cormier's class.

Beach originally spoke with Jay Levine, the director of the *Fabulous Television* channel. Levine was very impressed with her drive, energy and dreams, and he called her back later to schedule an interview. Beach went to Toronto and Levine offered her an internship spot for the summer from May to the end of August.

Beach Beach is excited for the summer and rented a friend's apartment which was a short walk to the CTV building where *Fabulous Television* is based. The building also houses other CTV stations.



STORY BY AMANDA SCHNEIDER

Gloria Beach, a second-year journalism student, landed a summer internship at *Fabulous Television* in Toronto, which Beach says made an impact.

There were two other interns besides Beach, and she got the opportunity to attend several awards, including interstation, provincial, state, regional, awards and award ceremonies such as the Juno Awards, Canadian and Latin Grammys.

Even when Beach wasn't performing, she didn't get nervous,不知道 or become tongue-tied.

"I try to keep that professional all day," she said. "I try to be doing what I'm doing."

"It's really about knowing what they have to say... let your personality show and that's when that has impact."

All of the major interviews were done by either the host of *Fabulous Television*, but Beach got to observe and she has everything under wraps. The interviews Beach did herself were on her online blog, where she could post for writing and link audio and video.

Although the experience wasn't paid, Beach said that the experience was definitely worth it.

"You're paid with the travel and credits you make," she said.

At the end of the summer, Beach's internship at *Fabulous Television* encouraged her to keep in touch and stay in the area, moving to Toronto. *Fabulous Television* has been from Oct. 11 to 14. She also anticipates that a producer may be available for her soon, the producer from *Cormier*.

For students who don't know what they want to do with their lives, Beach suggests that they get out into the world, to see what they want to do.

"You need to travel, you need to see the world," she said. "If you don't know yourself, how do you know where you'll be good at?"

NEWS

ON-CAMPUS CHIROPRACTOR Covered by CSI Health Plan

HEALTH SERVICES

748-5220 Ext. 3679

Problems with Drugs, Alcohol, Problem Gambling or Mental Health?

ConnexOntario now provides help via Webchat

It's easy to start a web chat. Just visit www.connexontario.ca and follow the links.

A professional will provide you with current information about the programs and services available in your area.



ConnexOntario is funded by the Ontario Ministry of Health and Long-Term Care

REGATTA

CONESTOGA
STUDENTS INC.

SINK OR FLOAT BOAT BUILDING CONTEST

OCT. 8 - OCT. 26 BUILD A BOAT OF CARDBOARD AND DUCT TAPE. 2 PEOPLE PER TEAM
VISIT THE CSI OFFICE FOR MATERIALS AND TEMPLATES IF NEEDED

TUESDAY OCT. 27 DISPLAY YOUR BOAT IN THE SANCTUARY AT NOON

WEDNESDAY OCT. 28 AT NOON SINK OR FLOAT CONTEST
BOATS ARE LAUNCHED AT THE BACK POND. THE BOAT THAT FLOATS THE LONGEST
WINS A TRIP FOR 2 TO DAYTONA BEACH.



SIGN UP IN THE CSI OFFICE, ROOM 2A108
FOR RULES/REGULATIONS VISIT THE CSI OFFICE, IN ROOM 2A108